

September 24th 2020

THIS WEEK'S HARVEST

NC Fuji Apples
Refrigerate

Kirby Cucumbers
Refrigerate in crisper drawer

Sweet Potatoes
Store in a cool-dark place

Yellow Crookneck
Squash
Refrigerate in crisper drawer

Orange Carrots
Refrigerate in crisper drawer

Red & Yellow
Tomatoes
Store at room temperature

Florida Avocados
Room temp. until ripe

FRENCH PANTRY'S

HONEY WHEAT

WHEAT FLOUR, BREAD
FLOUR, YEAST, HONEY,
BUTTER, WATER.

KEEP REFRIGERATED



Local Artisanal Cheese's
Check our web store for
availability.



**Shop Our Web Store for
fresh, healthy products to
add to your delivery. Thank
you for supporting your
local community.**

Fresh Local Seafood

Fresh off the dock's to your door!
Fresh shrimp, seasonal fish and sea
scallops. Available the first two weeks
each month



Lake Meadow Naturals

Cage-Free Eggs, Beef, Pork and Poultry.
All-Natural Vegetarian Diet. Grass Fed
Beef. All products are free of GMO's.



**OLIVE MY
PICKLE**
Fermented + Probiotic

PLEASE RETURN YOUR BAGS AND LEAVE PLENTY OF ICE OR COLD PACKS IN YOUR COOLER

Baked Sweet Potato

with Roasted Garlic-Chive Butter

4-5 sweet potatoes, rinsed and dried

1-2 tbsp. extra virgin olive oil

sea salt and cracked black pepper

Method: pre-heat oven to 400 degrees. Prick potatoes with a fork, coat with oil and season to taste. Place potatoes on a baking sheet lined with foil. Bake 30-40 minutes or until tender. Serve with roasted garlic-chive butter.

Roasted Garlic-Chive Butter

1 whole head garlic (***roasted**)

1 stick unsalted butter, room temp.

fresh lemon juice to taste

sea salt to taste

1-3 tbsp. fresh chives chopped

Method: in a mixing bowl combine all ingredients to taste. Cut potatoes in half and spoon over garlic-chive butter.

***Roasted Garlic:** pre-heat oven to 400 degrees. Slice off the tops of the whole head garlic (just enough to expose the tips). Drizzle with a little olive oil and season. Wrap in foil by making a pouch and seal completely. Cook 45– 60 minutes or until tender. Remove from heat and set aside. When cool enough to handle squeeze into a small bowl.

Florida Avocado Salad with Goat Cheese

1 **RIPE** FL avocado large dice

2 Kirby cucumbers, diced medium

1/4 to 1/2 cup each red and yellow tomatoes

1/4 cup or to taste sweet onion small dice

1/2 cup shredded carrot or to taste

goat cheese crumbled to taste

3 to 4 tbsp. extra virgin olive oil

3 to 4 tbsp. red wine vinegar or to taste

fresh cilantro chopped to taste

Method: combine 1st 5 ingredients in a mixing bowl. Add oil and vinegar and gently mix well. Season to taste with sea salt and cracked black pepper. Portion into small salad bowls and garnish with crumbled goat cheese and fresh cilantro.

NC Fuji Apple-Sweet Onion Chutney

3 cups apples, peeled and sliced thin

1 cup sweet onion, sliced thin

¾ cup brown sugar

¾ cup apple cider vinegar

1 tsp ground cinnamon

1 cup water

Method: in a medium sauce pot add all ingredients and bring to a full simmer over medium high heat. Once full simmer is reached, turn down heat to a low simmer and cook until most of the liquid is gone 30-35 minutes. **Please note** as the mixture cooks down the water evaporates, that's how it gets the consistency of chutney. Keep a close eye on this part of the recipe, stirring frequently to avoid burning on the bottom of the pot. This recipe is a perfect condiment for pork chops, pork tenderloin or boneless pork loin.

Caramelized Yellow Crookneck Squash & Sweet Onions over Couscous

3-4 yellow squash, cut into 1/4 inch slices

1 lg sweet onion or 2 smaller ones cut into wedges, root intact

1 whole head garlic, cloves separated and peeled

1-2 tablespoon extra virgin olive oil

Sea Salt to taste

Cracked black pepper to taste

Fresh herbs (basil, parsley, chives or favorite) chopped to taste

1 10 oz. box couscous (Near East Brand) favorite flavor

Method: pre-heat oven to 350 degrees with rack at lowest position. Line a baking sheet with foil. Brush foil with extra virgin olive oil. Combine squash, onions and garlic in a large mixing bowl. Add extra virgin olive oil and season to taste. Toss to coat evenly. Spread squash and onions onto baking sheet (single layer, you want squash and onions to lay flat on baking sheet to ensure proper caramelization). Sprinkle garlic in between the cracks. Place in oven and cook 45 minutes to an hour. Remove from oven when squash and onions are well caramelized but not burned. (do not flip or stir squash and onions during cooking). Let rest 2-3 minutes. Meanwhile cook couscous according to box instructions. To serve place couscous in a large bowl. With a spatula flip squash and onions over onto couscous. Top with garlic and fresh chopped oregano to taste.